



# CHANGING

# CAREER

# DIRECTIONS

# FOR ATHLETES





## DO'S AND DON'TS

- ✓  **Do** build your network in the new field.
- ✓  **Do** adopt a **growth mindset** 
- ✓  **Do** revise your career plan.
- ✗  **Don't** rush
- ✗  **Don't** burn bridges.

### → WHY?

There are many reasons why people change career paths, and it may occur at any time during one's athlete working life; sometimes to support career growth. Planning and preparation are key to success in managing these more difficult times, and whilst we think they may not occur to us, they can, throughout every athlete's sport and career life journey.

### → WHAT?

Being prepared for when change is part of everyday career development. "Five to seven career changes in a lifetime is the new average for Australian workers who are willing to update their qualifications and switch careers."<sup>1</sup> And, according to SEEK:

- 33% of Australians change jobs because they're in search of that next big step up in their careers.
- 22% of Australians change jobs because they are experiencing something adverse at work that makes their time spent there unpleasant.
- 18% of Australians change jobs because of external factors that are usually not within their own control.
- 3% of Australians seek new job opportunities to improve their working conditions.<sup>2</sup>

### → HOW?

#### Step 1 — Self-reflect

- Identify and evaluate the skills, achievements, experiences and knowledge that you can bring to a new job/field of work.
- Identify what you are seeking in making this change.
- Ask your AW&E Manager to refer you to a Professional Career Practitioner.

#### Step 2 — Research

Investigate the field in which you want to work. Consider the roles that exist in various industries and find out what is required (skills, qualifications, experience, education, training) to attain these roles. Are there plenty of job opportunities likely to be existing in the future and do these industries support works who need flexible job arrangements.

#### Step 3 — Network

Reach out to people to learn more about the industry and gain insights about available opportunities through your relationships and networks.

#### Step 4 — Identify your 'unique' transferable and interpersonal skills

These are invaluable in any career transition phase. Add these to your E-portfolio.



## ACTIVITY

1. Read these to know that changing careers can be done and can be a positive life-change.  
[9 Career Change Stories That'll Inspire You to Take the Leap](#)  
[Career change stories that will inspire you](#)
2. Talk to your AW&E Manager if you are seeking a different pathway than that upon which you began. You may wish to ask about seeking advice from a professional Career Practitioner through the AIS Career Practitioner Referral Network (CPRN).

#### Step 5 — Understand

Change requires commitment and is often fraught with risk and fear. Understand that a career change may mean a lower salary; a change of skills, a lower position on the organisational ladder; losing contact with colleagues, and the need to prove your value in a new setting.

#### Step 6 — Plan and Act

As you have done in your sporting and personal life so far, sound planning and goal setting that are realised in actions, take time, but are worth the effort.

References. 1 <https://www.acap.edu.au/blog/update-your-qualifications-or-switch-careers/>  
2 <https://www.seek.com.au/career-advice/top-4-reasons-why-australians-change-careers>



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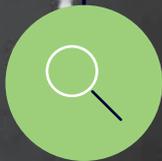
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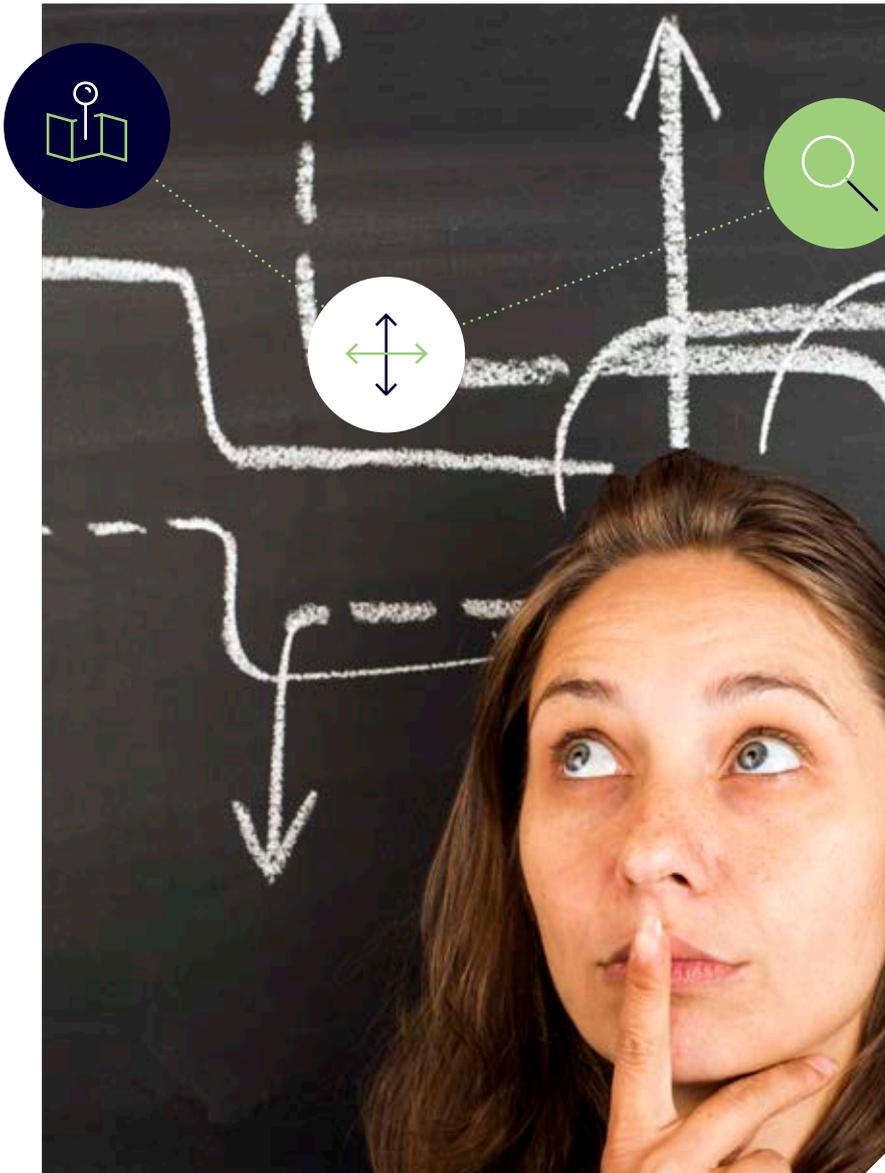
CAREER

DIRECTIONS

FOR AW&E

MANAGERS





## USEFUL LINK

[How to make a successful career change](#)



## ATHLETE ACTIVITY

Here are some questions to ask to support the athlete if they are seeking advice about changing career directions.

1. What do you want to achieve by making this change?
2. How you reflect on why you want to make this change now and what do you need to know to help you?
3. Do you have the education and/or training and/or skills and experiences to move into the new field?
4. Are you aware of potential risks of this change? [See Step 5 of the Athlete document]
5. Are you ready for the planning and commitment required to make the change?
6. Have you considered the impact of the change on your lifestyle and family?
7. Have you conducted research into the prospective industry?
8. Have you developed a career plan for this transition?

**THE STEPS INVOLVED AND PREPARATION AND PLANNING REQUIRED TO CHANGE DIRECTIONS IN ONE'S CAREER ARE THOSE REQUIRED AT ANY STAGE ALONG A CAREER JOURNEY.**

This [infographic](#) is a great summary of the process, and you can ascertain which other documents in this series would be useful at particular points.

Changing career direction is **not** something athletes need to do on their own. Support is not far away with AW&E Managers having access to use an external CPRN.

**References.** <https://www.themuse.com/advice/links-we-love-making-a-major-career-change>  
<https://www.themuse.com/advice/how-to-change-career-paths>  
<https://www.michaelpage.co.uk/advice/career-advice/growing-your-career/how-change-your-career-path>  
<http://www.lifed.com/10-questions-to-ask-before-you-make-a-major-career-change>